ABSTRACT OF THE DISCLOSURE

The present invention discloses eleven reduced dimensionality (RD) triple resonance nuclear magnetic resonance (NMR) experiments for measuring chemical shift values of certain nuclei in a protein molecule, where the chemical shift values encoded in a peak pair of an NMR spectrum are detected in a phase sensitive manner. The RD 3D <u>HA,CA,(CO),N,HN</u> NMR and RD 3D <u>H,C,(C-TOCSY-CO),N,HN</u> NMR experiments are designed to yield "sequential" connectivities, while the RD 3D <u>H</u>^{α/β}, <u>C</u>^{α/β}, CO,HA NMR and RD 3D <u>H</u>^{α/β}, <u>C</u>^{α/β}, N,HN NMR experiments provide "intraresidue" connectivities. The RD 3D <u>H,C,C,H-COSY</u> NMR, RD 3D <u>H,C,C,H-TOCSY</u> NMR, and RD 2D <u>H,C,H-COSY</u> NMR experiments allow one to obtain assignments for aliphatic and aromatic side chain chemical shifts, while the RD 2D <u>HB,CB,(CG,CD),HD</u> NMR experiment provide information for the aromatic side chain chemical shifts. In addition, methods of conducting suites of RD triple resonance NMR experiments for high-throughput resonance assignment of proteins and determination of secondary structure elements are disclosed.